

Client	ALZ - FT Collins									
Ride	70 Mile									
Mileage	73.4									
Start	7:00:00 AM				Change Start Time Here					
ETA	ETA	ETA	ETA	ETA	INCR	FM	ACTION	LOCATION	FROM	
8 MPH	10 MPH	15 MPH	20 MPH	25 MPH						
7:00:00	7:00:00	7:00:00	7:00:00	7:00:00	0.00	0.00	START	CSU- Canvas Stadium	W Pitkin St	
7:00:45	7:00:36	7:00:24	7:00:18	7:00:14	0.10	0.10	Right	S Whitcomb St	W Pitkin St	
7:01:30	7:01:12	7:00:48	7:00:36	7:00:29	0.10	0.20	Left	W Lake St	S Whitcomb	
7:03:00	7:02:24	7:01:36	7:01:12	7:00:58	0.20	0.40	Right	Centre Ave	W Lake St	
7:03:45	7:03:00	7:02:00	7:01:30	7:01:12	0.10	0.50	CS	Centre Ave	W Prospect	
7:11:15	7:09:00	7:06:00	7:04:30	7:03:36	1.00	1.50	CS	Centre Ave	Worthington Ave	
7:13:30	7:10:48	7:07:12	7:05:24	7:04:19	0.30	1.80	Left	S Shields St	Centre Ave	
7:14:15	7:11:24	7:07:36	7:05:42	7:04:34	0.10	1.90	CS	S Shields St	W Drake Ave	
7:18:00	7:14:24	7:09:36	7:07:12	7:05:46	0.50	2.40	CS	S Shields St	W Swallow Rd	
7:22:30	7:18:00	7:12:00	7:09:00	7:07:12	0.60	3.00	CS	S Shields St	W Horsetooth Rd	
7:30:00	7:24:00	7:16:00	7:12:00	7:09:36	1.00	4.00	Right	Harmony Rd	S Shields St	
7:39:45	7:31:48	7:21:12	7:15:54	7:12:43	1.30	5.30	Right	S Taft Hill Rd	Harmony Rd	
7:43:30	7:34:48	7:23:12	7:17:24	7:13:55	0.50	5.80	CS	S Taft Hill Rd	W Horsetooth Rd	
7:51:00	7:40:48	7:27:12	7:20:24	7:16:19	1.00	6.80	Left	W Drake Ave	S Taft Hill Rd	
7:58:30	7:46:48	7:31:12	7:23:24	7:18:43	1.00	7.80	Right	S Overland Tr	W Drake Ave	
8:00:45	7:48:36	7:32:24	7:24:18	7:19:26	0.30	8.10	Left	Dixon Canyon Rd	S Overland Tr	
8:09:45	7:55:48	7:37:12	7:27:54	7:22:19	1.20	9.30	CS	becomes Centennial DR/ CR 23	Centennial Dr	
8:19:30	8:03:36	7:42:24	7:31:48	7:25:26	1.00	10.60	RS	Rest Stop #1- Park Facility	Centennial Dr	
8:39:45	8:19:48	7:53:12	7:39:54	7:31:55	4.00	13.30	CS	Centennial/ CR 23	CR 48 C	
8:52:30	8:30:00	8:00:00	7:45:00	7:36:00	1.70	15.00	CS	Centennial/ CR 23	Bingham Hill Rd	
8:54:00	8:31:12	8:00:48	7:45:36	7:36:29	0.20	15.20	Left	Rist Canyon Rd	Centennial Dr	
8:58:30	8:34:48	8:03:12	7:47:24	7:37:55	0.60	15.80	CS	Rist Canyon Rd	CR 25 E	
9:06:45	8:41:24	8:07:36	7:50:42	7:40:34	1.10	16.90	CS	Rist Canyon Rd	CR 27E	
9:18:45	8:51:00	8:14:00	7:55:30	7:44:24	1.60	18.50	CS	Rist Canyon Rd	Whale Rock Rd	
9:36:00	9:04:48	8:23:12	8:02:24	7:49:55	2.30	20.80	CS	Rist Canyon Rd	Davis Ranch Rd	
9:45:00	9:12:00	8:28:00	8:06:00	7:52:48	1.20	22.00	RS	Rest Stop #2-Rist Canyon VFD	Rist Canyon Rd	
10:10:30	9:32:24	8:41:36	8:16:12	8:00:58	3.40	25.40	CS	Rist Canyon Rd	Spring Valley Rd	
10:27:00	9:45:36	8:50:24	8:22:48	8:06:14	2.20	27.60	Right	Stove Prarie Rd	Rist Canyon Rd	
11:06:00	10:16:48	9:11:12	8:38:24	8:18:43	5.20	32.80	Right	Poudre Canyon Rd	Stove Prarie Rd	
11:24:45	10:31:48	9:21:12	8:45:54	8:24:43	2.50	35.30	RS	Rest Stop #3-The Mishiwaka	Poudre Canyon Rd	
11:48:45	10:51:00	9:34:00	8:55:30	8:32:24	3.20	38.50	CS	Poudre Canyon Rd	Hewlett Gulch Rd	
12:16:30	11:13:12	9:48:48	9:06:36	8:41:17	3.70	42.20	CS	Poudre Canyon Rd	Kings Canyon Rd	

13:07:30	11:54:00	10:16:00	9:27:00	8:57:36	6.80	49.00	Right	Hwy 287	Poudre Canyon Rd
13:15:00	12:00:00	10:20:00	9:30:00	9:00:00	1.00	50.00	Right	CR 54E	Hwy 287
13:18:45	12:03:00	10:22:00	9:31:30	9:01:12	0.50	50.50	Left	CR 25E	CR 54E
13:29:15	12:11:24	10:27:36	9:35:42	9:04:34	1.40	51.90	Left	Rist Canyon Rd	CR 25E
13:33:00	12:14:24	10:29:36	9:37:12	9:05:46	0.50	52.40	CS	Rist Canyon Rd	Centennial/ CR 23
13:40:30	12:20:24	10:33:36	9:40:12	9:08:10	1.00	53.40	VR	Poudre Trail Bike Path	Rist Canyon Rd
13:45:45	12:24:36	10:36:24	9:42:18	9:09:50	0.70	54.10	RS	Rest Stop #4-Cache La Poudre Middle	Poudre Trail Bike Path
13:48:00	12:26:24	10:37:36	9:43:12	9:10:34	0.30	54.40	CS	54G/ US 287	N Overland Tr
13:57:45	12:34:12	10:42:48	9:47:06	9:13:41	1.30	55.70	Left	N Taft Hill Rd	54/287
14:01:30	12:37:12	10:44:48	9:48:36	9:14:53	0.50	56.20	CS	N Taft Hill Rd	US 287 Underpass
14:09:00	12:43:12	10:48:48	9:51:36	9:17:17	1.00	57.20	CS	N Taft Hill Rd	Wilson St
14:15:45	12:48:36	10:52:24	9:54:18	9:19:26	0.90	58.10	Right	W CR 56	N Taft Hill Rd
14:24:45	12:55:48	10:57:12	9:57:54	9:22:19	1.20	59.30	CS	becomes N Shieds St	Travis Rd
14:30:00	13:00:00	11:00:00	10:00:00	9:24:00	0.70	60.00	Left	W Douglas Rd	N Shields St
14:38:15	13:06:36	11:04:24	10:03:18	9:26:38	1.10	61.10	CS	W Douglas Rd	Terry Lake Rd/ CR 15
14:46:30	13:13:12	11:08:48	10:06:36	9:29:17	1.10	62.20	RS	Rest Stop #5A- Front Range Cycle	W Douglas Rd
14:51:45	13:17:24	11:11:36	10:08:42	9:30:58	0.70	62.90	Right	Turnberry Rd	W Douglas Rd
14:59:15	13:23:24	11:15:36	10:11:42	9:33:22	1.00	63.90	CS	Turnberry Rd	Richards Lake Rd
15:06:45	13:29:24	11:19:36	10:14:42	9:35:46	1.00	64.9	Left	Mountain Vista Dr	Turnberry Rd
15:10:30	13:32:24	11:21:36	10:16:12	9:36:58	0.50	65.4	Right	N Timberline Rd	Mountain Vista Dr
15:18:00	13:38:24	11:25:36	10:19:12	9:39:22	1.00	66.4	Right	E Vine Dr	Timberline Rd
15:33:45	13:51:00	11:34:00	10:25:30	9:44:24	2.10	68.5	Left	Linden St	E Vine Dr
15:38:15	13:54:36	11:36:24	10:27:18	9:45:50	0.60	69.1	Right	Laporte Ave	Linden St
15:39:00	13:55:12	11:36:48	10:27:36	9:46:05	0.10	69.2	CS	Laporte Ave	N College Ave
15:40:30	13:56:24	11:37:36	10:28:12	9:46:34	0.20	69.4	Left	N Howes St	Laporte Ave
15:42:00	13:57:36	11:38:24	10:28:48	9:47:02	0.20	69.6	CS	N Howes St	W Mountain Ave
15:42:45	13:58:12	11:38:48	10:29:06	9:47:17	0.10	69.7	CS	N Howes St	W Olive St
15:44:15	13:59:24	11:39:36	10:29:42	9:47:46	0.20	69.9	CS	N Howes St	W Mulberry St
15:46:30	14:01:12	11:40:48	10:30:36	9:48:29	0.30	70.2	left	W Laurel St	N Howes
15:47:15	14:01:48	11:41:12	10:30:54	9:48:43	0.10	70.3	Right	S Mason St	W Laurel
15:49:30	14:03:36	11:42:24	10:31:48	9:49:26	0.30	70.6	CS	S Mason St	University Ave
15:51:45	14:05:24	11:43:36	10:32:42	9:50:10	0.30	70.9	Right	W Lake St	S Mason
15:54:00	14:07:12	11:44:48	10:33:36	9:50:53	0.30	71.2	CS	W Lake St	Center Ave
15:54:45	14:07:48	11:45:12	10:33:54	9:51:07	0.10	71.3	Right	Meridian Ave	W Lake St
						71.4	left	W Pitkin St	Meridian Ave
15:57:00	14:09:36	11:46:24	10:34:48	9:51:50	0.30	71.6	END	Canvas Stadium	FINISH